Public Service Announcement

Nunavut marks International FASD Awareness day

Start Date: September 9, 2018
End Date: September 30, 2018
Nunavut-wide **45 sec**

September 9 is International Fetal Alcohol Spectrum Disorder (FASD) Awareness Day. FASD is a diagnostic term to describe the impacts on the brain and body that can occur in an individual prenatally exposed to alcohol. FASD is a lifelong disability

Individuals with FASD will experience some degree of challenges in their daily lives, and will need support with motor skills, physical health, learning, memory, attention, communication, emotional regulation, and social skills to reach their full potential.

It is safest not to drink any alcohol or use any drugs, including cannabis, while pregnant. Partners, family and friends can support alcohol-free and drug-free pregnancies by reducing stress for the mother-to-be, offering non-alcoholic drinks at gatherings or planning activities that do not involve alcohol or drugs.

If you or someone you know needs support with substance use during pregnancy, help is available. You are a valuable member of our community. Reach out to a trusted friend, family member or Elder. Free, confidential mental health and addictions support is available at your local health centre.

Support for Nunavummiut with suspected or confirmed FASD and their families is available at Piruqatigiit Resource Centre (www.piruqatigiit.ca). For anonymous support:

- Call the Nunavut Kamatsiaqtut Help Line at 867-979-3333 or toll-free at 1-800-265-3333 (available 24 hours a day).
- Text Crisis Services Canada at 1-833-456-4566 or use the online chat (www.crisisservicescanada.ca).
- Call the National Crisis Line for former residential school I students and their families at 1-866-925-4419 (available 24 hours a day, in Inuktut, English, or French).

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